As we near the upcoming holiday season, Christmas cookies and candies, decorative elements, and other festive items can add to our mealtime enjoyment. However, these treats can also contribute to weight gain and overall health concerns. To maintain a healthy lifestyle during the holidays, it is crucial to balance indulgence with regular physical activity and mindful eating.

**Physical Activity**

- **Exercise**: Engage in regular physical activity, such as walking, jogging, or cycling, to burn calories and maintain muscle mass. A moderate amount of exercise can help prevent weight gain and improve overall health.
- **Balanced Diet**: Incorporate nutritious foods into your meal plan, including fruits, vegetables, whole grains, and lean proteins. This can help you feel full and satisfied while minimizing the consumption of high-calorie, high-fat foods.

**Mindful Eating**

- **Portion Control**: Be mindful of portion sizes during meals. Use smaller plates and focus on satiety rather than overeating.
- **Mindful Ongoing**: Pay attention to your hunger cues and eat slowly to allow your body to register fullness. Avoid eating too quickly or while distracted.

**Holiday Celebrations**

- **Plan Ahead**: Plan your meals in advance and consider healthier options for your holiday gatherings.
- **Homemade Alternatives**: Prepare healthier homemade versions of traditional dishes, such as using whole wheat flour or reduced sugar in desserts.
- **Mindful Decision Making**: Take time to make informed decisions about your food choices. Avoid impulse eating and be deliberate about what you consume.

By staying active and making mindful choices, we can enjoy the holiday season without compromising our health and well-being. Remember, a healthy lifestyle is a continuous journey, and it's important to find balance in our diets and physical activities.
BOOKSHELF

Windows to the Past-Fossils of Kansas

Liz Brouwer

How much is that clam in the window? Mammoths and other large, well-known fossils often found in Kansas, but remains of smaller animals such as mice, cats, and insects are easier to find and just as fascinating, says author Liz Brouwer in her book Windows to the Past. A Guidebook to Common Invertebrate Fossils of Kansas, published by the Kansas Geological Survey. The fossil featured in this book shows Kansas with shallow seas and tropical swamps, where animals without backbones were more common than those with them.

WEB WORKS

NEW LOOK ALUMNI: The KU Mammal Association has given its Web site a fresh look. The site includes information on friendly challenges among chapters and groups to football, basketball, and traveling. Jayhawks across the world can join, learn about alumni activities, shop for KU memorabilia and even contribute to the university through the revamped site. Visit www.kuualumni.org.

HEADLINERS

CHANCELLOR TECH: Chancellor Robert Hemenway was interviewed for the fall issue of ACUTA Journal of Communication Technology in Higher Education. He answered questions on the importance of information technology as it relates to university administration, helping KU achieve its goal of being a top-rank research university, wireless technology and several other topics.

PEER RECOGNITION: Isaac Opole, assistant professor of internal medicine, a member of the International Scientific Advisory Panel, was recently featured in the journal of the World Chiropractic Alliance. A member of the Research and Clinical Science program, Opole is one of the members of the group that oversees the collection of, analysis of data collected by chiropractors worldwide.

"First, and foremost, he is a successful practicing physical therapist specializing in general and internal medicine, cardiology and health promotion. He is also an accomplished scientist having completed his PhD in the field of brain imaging and nerve stem cell proliferation," the article says.

"Opole has also been a pioneer in the use of multimedia and web-based technology for medical education...he developed a well-earned reputation for delivering superb, wonderfully illustrated lectures for medical students, residents, and graduate students."

CAMPUS CLOSUP

Saralyn Reece Hardy
Director, Spencer Museum of Art

Years at current job: One year, eight months
Job duties: The director, through specialized knowledge of art, provides conceptual leadership and bears ultimate responsibility for all museum programs, among them curatorial and scholarly activities. This includes acquisitions, conservation and exhibition planning and design, research and publication, curricular support and educational programs, including intern training, public programs and audience development, on campus, in the region and among alumni and fundraising and budget management.

How does an art museum like Spencer complement the educational mission of KU? We hope to inspire thought-provoking and multi-sensory experiences centered on art. We like to think that we can make things somehow visible, that through works of art and presentation and interpretation of them, we're able to create a visible discourse that is already occurring at the university.

What can faculty and staff who are not in the art disciplines gain from Spencer Museum of Art? The university has such wonderful depth in its departments, where we all know slightly different things. The museum can actually function as one of those places where departments can come together and provide opportunities for students and faculty to think across domains. We also feel the museum can participate very actively in the creative endeavors of the university in integrating new possibilities.

What do you like most about your profession? I think what I really love about this work is the chance to be proactive in society while reflecting upon life generally as an individual and as part of a community. I really live the choice to respond to creative work, to bring myself to it in a whole way, and think how can we, as part of the museum community, bring expressions of life together in some kind of dialogue with the work as a society? What goals/artistic statements do you try to reach or convey when selecting displays for the museum? Relevance, interest. I hope that people believe what we're presenting has importance in their own lives. I'm always concerned about the university's role in the creation and dissemination of knowledge. I think about how the exhibitions and programs can help us be more deliberate in our lives as individuals and our lives as citizens, how a presentation can help us think more deeply.

SNAPSHOTS

KU MEDICAL CENTER
The American Cancer Society and the American Lung Association have awarded the Department of Preventive Medicine and Public Health $1.2 million over three years for a collaboration Native American smoking cessation program. The project involves recruiting 350 Native American smokers in the region and examining the feasibility and efficacy of a culturally-targeted smoking cessation program compared to a standard non-targeted American Cancer Society program.

For more information about the study or to enroll, call (815) 588-2787.

KU SCHOOL OF MEDICINE-WICHITA
KUSM-W faculty members were involved in a groundbreaking study on clinical depression, featured on the "Today Show" on Nov. 2. The study indicates many doctors are not prescribing enough medication to treat depression, an illness that affects 20 million Americans. KUSM-W was among 14 sites selected across the United States to conduct the study. Wichita was chosen because of the nationally known expertise of Sheldon H. Preskorn, professor of psychiatry and behavioral sciences, and Ahsan Yaqoob Khan, associate professor of psychiatry and behavioral sciences, in the treatment of psychiatric illnesses such as major depression. Preskorn said the landmark study, "Sequenced Treatment Alternatives to Relieve Depression," provides critically needed information to guide health care professionals in the treatment of their patients suffering from the illness. He added that in addition to providing this new information, the study provided state-of-the-art care for more than 250 citizens of central Kansas and cared for those who otherwise have limited access to such services.

E-mail photos for snapshots to oread@ku.edu. Be sure to include names of individuals in the photo.
TOPONYMS: On Nov. 29, 1967, an architect’s plan for a 25-story humanities building on the site of Old Heworth Hall and Robertson’s Gymnasium was released. The building was to be named for Chancellor W. Clarke Wescoe (1934-49), it had four stories.

Energy companies help KU combat geologist shortage

KU student Nathan Winters can afford to be picky in choosing a job after graduation. "There are definitely companies that are really aggressive," Winters said. "They’ve already turned down two offers but is confident the perfect one will come along. Winters, who plans to gradu-

ate in May with a master’s degree in geology, said he and his classmates are in high demand as energy companies such as Cheniere, EnCana and Exxon Mobil face a booming shortage of geologists. New employees are necessary for helping energy companies find new sources of oil and natural gas and develop more oil extraction. They would need 4000 geologists and geophysicists in the U.S. alone. That’s just to replace the credentialed retirement." said Bob Goldstein, distinguished professor and chair of KU’s Department of Geology. U.S. universities produce only 1200 master’s and doctoral geology graduates a year. Goldstein fears that schools won’t be able to meet the demand in the oil and gas industry to replace retirements. The wider impact of that shortage, he says, is that it could lead to a shortage of oil and gas as well. "High population countries like China are expanding their energy usage. That is not going to slow down," Goldstein said. "Reserves and production will be needed in the future to meet that demand, and that will drive the shortage.

To help fill their ranks, energy companies are making sure universities like KU are training out a greater number of potential employees. EnCana endorced a scholarshiop program this year, to be evaluated next year. The fund will support geology students interested in energy careers. "We’re looking for a small number of students to come out in energy because there is such a need," said Anthony Stehle, a KU graduate and geologist at EnCana. Students who received this year’s scholarship will return to campus to conduct job interviews for the company. EnCana hired two KU geologists from its 2005 scholarship winners for their first jobs at the company. The company representatives said they were impressed by more than one student from any given university.

Wilson wins Relley Award for research

Wilson has been honored with one of the first modern analytical chemists of the mid-20th century. His work has contributed to understanding of optical spectroscopy and instrumentation, among other aspects of analytical chemistry. "It was a man who operated with undiluted practicality on things," said Wilson. "Instead of working in a box, he expanded his interest out into various fields." Wilson said he had tried to do the same, not only in developing the blood glucose sensor, but in all aspects of his research. That work could not be successful, he said, without collaboration with researchers from various disciplines and institutions, such as organic chemistry, bioengineering and medicine.

Wilson will receive the award Feb. 28 at The Pittsburgh Conference Awards Symposium, which will be in Chicago. The Conference and Exhibition is the largest and most inclusive educational conference on laboratory science.
23 Thursday
Holiday: Thanksgiving

24 Friday
25 Saturday
Social event: Rolling tailgate to Columbia, Mo., 6 p.m. Adams Alumni Center. Free. Sponsored by the Department of Music and Dance. Call 864-3436.

26 Wednesday
Department of Intercollegiate Activities. Call 864-344-2397.
Concert: Oread Singers. 7:30 p.m. Bates Organ Recital Hall. Free. Sponsored by the Department of Music and Dance. Call 864-3436.

27 Thursday
Concert: The Elephant in the Room. 7:30 p.m. Adams Alumni Center. Free. Sponsored by the Department of Music and Dance. Call 864-3436.

28 Friday
Social event: Dinner on Sunset Strip at 5 p.m. Sponsored by the Department of Music and Dance. Call 864-3436.

30 Saturday
Christmas, Student Chamber Ensemble. Call 864-344-2397.

30 Sunday
Concert: Oread Singers. 7:30 p.m. Bates Organ Recital Hall. Free. Sponsored by the Department of Music and Dance. Call 864-3436.

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Calendar items...
are submitted by each department's cal-
endar administrator. To become an admin-
istrator, visit www.oread.ku.edu and click "request an account."

December 9, 2006

THE UNIVERSITY OF KANSAS
www.oread.ku.edu

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Monday-Friday 10:00 a.m.-5:00 p.m.
Saturday 10:00 a.m.-5:00 p.m.
Sunday 12:00 noon-5:00 p.m.
Closed major holidays

EXHIBITS

employees of the month honored

Ann (Ishiguro) Unbound employees

current title: Associate director of the Student Involvement and Leadership Center

what that means: "I work to coordinate all aspects of the University's student involvement and leadership programs. I oversee a large number of initiatives that are designed to engage and develop student leaders."

has made the most difference: "I am passionate about creating opportunities for students to engage in leadership and service activities. By providing these opportunities, I hope to foster a sense of community and encourage students to become active and engaged members of our campus family."

what's next: "I am currently working on a project to design a leadership development program for incoming first-year students. Additionally, I am exploring ways to incorporate students' interests and passions into our programming efforts."

Youngblood Hall wing to be vacated for repairs

Nearly half of the staff of the KU School of Law, or 100 employees, will be affected by the renovation according to an announcement by the University of Kansas. The renovation is expected to take approximately six months to complete. The wing is scheduled to reopen in fall 2007. The renovation is expected to cost approximately $10 million.

employees of the month honored

Lisa Wannamaker University staff support

Current title: Administrative Assistant - Animal Care Unit

What that means: "I help with the day-to-day operations of the Animal Care Unit, which is responsible for providing care and support for the KU's animal care facilities. This includes ensuring the health and well-being of the animals, maintaining records, and providing support to faculty and staff."
Prof explores effects of blogs on politics

By Berndt Griffin

In 1999, Jose Vareltz used the Internet as an organizing and meeting tool in his campaigns to become governor of Minnesota. Later, during a presidential rally, Sen. John Kerry asked the audience if anyone had made the Internet into a checkbook, allowing voters to donate to his campaigns with a simple click. By summer 2003, the Internet became a test from which political candidates could express their views—"and so could anyone with an opinion." I said the influence of blogs on the campaign of Howard Dean for president," David Perlmutter, associate dean and professor of journalism at KU, writes in his new book, "Personification: The Book Blogging (Click to read article)

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ONCIMMUNE

Supported from page 1

Our immune system is the most important protective factor we have. But how much do we really know about it? On page 1, we take a closer look at the science behind our immune system and how it can help us stay healthy. From antibodies to vaccines, we explore the latest research in immunology and discuss the potential applications of this field in medicine.

H.O.P.E.

Continued from Page 1

Mary Klyader, University Honors lecturer in English

Edward McCallister, lecturer in English

The 2006 recipients are selected based on their academic excellence, their involvement in extracurricular activities, and their potential to make a positive impact on the world. This year’s recipients include

RECREATION

Continued from page 1

Given the academic setting of a university, it’s not surprising that clubs are available to cater to people interested in various activities. KU offers many clubs, such as yoga, Pilates, and kickboxing. Clubs are limited to 30 participants and are open to experts and beginners. A KU club pass is required to attend classes. The pass, which costs $1 per semester, covers all classes.

The center offers a standard treadmill, stationary bikes, resistance training equipment, racquetball courts and courts for basketball, volleyball, and badminton, but it is also a place for relaxation. Recreation is an important part of life and always available for fun without the sweat. And if the great outdoors is more your speed, the center offers rental kayaks, canoes, sleeping bags, and general camping equipment. Snowboarding also offers a chance to enjoy the Adams campus facilities. A unique outdoor setting that provides for fun physical activities is the leadership-oriented challenge. Such is designed in brainstorming and building leadership opportunities. It's an ideal setting for a walk or jog.

KU Med Exercise class designed for individuals with diabetes

It’s 7:15 a.m. at the KU Medical Center and Kay Sweyn, a registered nurse, is preparing to teach an exercise class designed for patients with diabetes. But first, a health-care professional always monitors her vital signs: Sweyn’s pulse, blood pressure, blood sugar and blood oxygen levels.

Sweyn, 61, has type 2 diabetes and monitoring these signs will help determine the intensity of her exercise. However, she should be expected to do all, said Anne Cogar, a clinical assistant professor of physical therapy and rehabilitation science. When the session ends, the vital signs are again taken to document the intensity of the exercise.

The new program was funded by a $20,000 grant from the Diabetes Foundation to KU Endowment. An instructor was hired to teach the class at the Exercise and Fitness Laboratory at the medical center. There is a great need for an organized affordable exercise group that is solely geared for people with diabetes,” said program director Lisa Stenter-Billig, chair of physical therapy and rehabilitation sciences department. She noted that diabetes has been associated with increased risk for obesity. “Exercise can help these individuals control their weight and lower their blood sugar level,” she said. The program is designed for people with diabetes to exercise when their blood sugar level is too high or low and to make sure they are getting the activity they need. Having a medical professional from the diabetes program will provide a sense of security for those who would otherwise be reluctant to exercise. Stenter-Billig said: “I enjoy our patients and want them to feel better longer.” Sweyn explained, introducing the motivation to exercise regularly.

Even though early November was unseasonably warm, the winter heating season soon will arrive and bring higher energy bills with it.

To combat high costs, the provost’s office is encouraging the university community to implement a series of energy-saving measures.

KU has a contract with.Chesapeake Energy Solutions of Oklahoma City, which will help save money for the university for 15 years. The plan will help save $1.5 million in energy cost during the first year and more than $100,000 each year.

The savings are broken down into categories such as recommendations for all users, including: working during scheduled building hours; turning off lights and opening blinds for solar heat during the day and closing them at night to prevent thermal heat loss.

Energy-saving recommendations for computers and computer users: turning off a computer if it is idle for more than 15 minutes, turning a computer off instead of turning a screen off or putting it in sleep mode, turning off lights and turning off all electrical equipment. Recommendations for lighting include using occupancy sensors to control lighting and reducing overhead lighting and turning off all unnecessary lights. A list of recommendations for energy conservation is available at www.energy_conservation.ku.edu/energy_conservation_guide/energy_conservation_guide_heating_2004.doc.

KU HISTORY:

In 1914, KU benefactress Leonora Ricker Hollingsbery established a residence hall for women of limited means. Her gift was never officially publicized, as she did not want to take credit for the female students for decades. Known as the Ricker Home, Ricker Hall and this Ricker Club Group, it housed about a dozen students per year until its closing in the 1950s. For more, visit www.kubahistory.com.
White nets $3.25 million to help disabled take part in community

A KU disability research center has won a $3.25 million grant from the National Institute on Disability Rehabilitation and Reintegration to help people with disabilities participate more fully in their communities. "We need much more systematic evidence about the impact of local and state mandates to integrate people with disabilities into their communities," said Kerby, director of KU's Research and Training Center on Independent Living. Finding this evidence is the basis of the five-year project, called Research and Training Center on Measurement and Information on Community Participation. Currently there is an increased emphasis on deinstitutionalization of people with all types of disabilities — moving them back into less restrictive community settings. White said. But moving from an institution into a community only allows a person to be "an occupant" in a home unless there are effective programs, policies and practices to help integrate their integration into everyday community activities.

White, a professor of applied developmental science with a special interest in community development, will lead a research team that will develop measures and methods to assess and overcome barriers to community participation. Topping the list of barriers, said White, is the lack of qualified personal assistance services and in-home support services. "This project will pioneer how we evaluate the effectiveness and cost benefit of guidelines, supports and programs to achieve our national agenda of inclusion and participation," White said.

The future of research at KU is bright, with new facilities being built and grant funding growing year after year, said Jim Roberts, vice provost for research, at the KU research convocation. There are challenges to be faced, but the success of those challenges will be ensured by the ability to attract and retain outstanding faculty and graduate students, he said. "We've confirmed one of the highlights of 2006. At the top of the list was the significant addition of research space with the dedication of the Multidisciplinary Research Building in March and the mobilization of plans for the Structural Biology Center Phase III. Work on the center is scheduled to begin this month and it should be completed by December 2007."

A trio of prominent KU researchers followed with their observations of the week. Joseph Skuttman, professor of psychology and molecular biosciences and dean of the College of Liberal Arts and Sciences, gave an introduction to his work in neuroscience. "Dr. Skuttman, Joseph, and Elizabeth Hall distinguished Professor of American Literature and Culture, spoke about her book-length project "Imperialism, American Identity, and the National Christening: The Crime of 1997".
Ingalls named associate director of CReSIS

The Center for Remote Sensing of Ice Sheets has appointed a new associate director for administration, Stephen Ingalls, to better organize the center and to help spread its message about climate change. "I would like to be able to tell people how climate change might affect their future. It is something very important," said Ingalls about the mission of the center.

Some goals Ingalls hopes to accomplish include organizing the staff, sharing the research of the center with the public, increasing diversity and educating students of all ages about science and engineering and mathematics. "I want kids to grow up thinking it's good to be a scientist, just like they might think it's cool to be a professional basketball player," said Ingalls.

Donley new director of Kansas Relays

Marty Donley, assistant track and field coach, has been named meet director for the Kansas Relays. Donley, who has spent the past six seasons coaching horizontal jumpers for the Jayhawks, replaces Tim Weaver in managing one of the nation’s oldest and largest track and field meets. It is very exciting for me. I have been coaching for 21 years in Division I and this is definitely a career change," Donley said. "I have been involved in putting track and field meets throughout the country to put on the Kansas Relays is a tremendous honor.

The 2006 Kanas Relays will again draw an estimated 620 teams and 5,300 athletes from high schools, colleges and the national circuit. A crowd of 26,211, the second-largest in meet history, attended the final day.

Froeman named Bishop Fellow

Elizabeth Browne, president of the Society of Teachers of Family Medicine Foundation, has announced Joshua Froeman, a student at the Department of Family Medicine at the KU Medical Center, has been named a Bishop Fellow for the 2007-2008 academic year. As part of the Bishop Fellowship, fellows will attend annual meetings of the society and the Association of American Medical Colleges, the association’s professional conference, the annual development forum and three-week-long American College on Education seminars. Each Fellow will be invited to participate in the leadership development fellowship sponsored by ACF and will be named an ACE Fellow. Bishop Fellows will also spend at least three weeks with a dean at a host institution learning how other institutions and their leaders problem solve and handle change, complete an individual project or be interested in and which will be of benefit to both the host and home school and complete other fellowship mentoring activities.

Fall 2007 all-university events scheduled

All-university special events coincide with home football games at KU have been scheduled for fall.

Band Day is the first event on the schedule, set for Sept. 8. The Jayhawks will take on Southeastern Louisiana at 6 p.m.

Family Weekend and Scholar Recognition Day, when high school students are recognized on the Kansas campus, will follow a week later on Sept. 15. KU plays Toledo that day.

Homecoming week will begin Sunday, Oct. 28, and wrap up Saturday, Nov. 3, when KU faces off against Big 12 opponent Nebraska.

The annual meeting and brunch for the Trustees Club, the university’s major-donor organization, will be Nov. 2 in conjunction with Homecoming.

The Heart of America Marching Festival is scheduled when the football team plays a road game, so Kivisto Field can be used all day. The event is co-sponsored by KU and the Northeast District of Kansas Music Education Association.

NOTABLE ALUMS: KU journalism and law graduate Doug Lipman was elected to Congress in New York's 19th District. A native of Leavenworth, the conservative Republican will represent the Chernobyl Springs area next Congress. Other KU graduates who are in Congress include Dennis Moore, Sam Brownback and Jerry Moran. Jim Ryun was defeated for reelection.

Hawks helping out

The campus United Way program has reached 80 percent of its fundraising goal. Funds raised through the campaign support local charitable and non-profit organizations that provide services to the community. Anyone who wishes to contribute should contact Christina Toledo in the chancellor's office at 864-3131 or stateofkudu.edu.

IN MEMORY

Eugene “Gene” Staple (Stephen G.) died, Nov. 4. He retired from an administrative position at the University of Kansas Hospital in 1996.

Erik Larsen

Larsen, 45, died Oct. 18. Larsen was a professor of art history at KU from 1987 until his retirement in 1998. He had a significant role in the development of the program in art history. He was considered one of the leading experts on Dutch and Flemish painting of the 17th century. Survivors include his wife, Katharine; a son, a grand-daughter and a great-granddaughter. The family suggests memorials to Daughters of Isabella, sent in care of the church, FD Box 1316, Lawrence, 66046

Donald Howard McConnell

Donald Howard McConnell, 82, died Nov. 5. McConnell was associate director of the housing department until he retired in 1989. Survivors include his wife, Bette Grace; a son, a granddaughter; and a great-grandson. The family suggests memorials to Plymouth Congregational Church, 1207 Mass., Memorial Homeless Endowment Fund for the benefit of the running stall on the second floor, sent in care of the memorial.

NEWS IN BRIEF

Performance earns 100 percent funding

For the second year in a row, the Kansas Board of Regents has used institutional performance as the basis for funding for all state’s 56 postsecondary institutions. KU scored a perfect 100 percent funding.

The annual meeting and brunch for the Trustees Club, the university’s major-donor organization, will be Nov. 2 in conjunction with Homecoming.

Field Station to host groundbreaking

The Kansas Biological Survey and the KU Field Station and Ecological Reserves will host a groundbreaking ceremony at 2 p.m. Nov. 29 at KU’s field station headquarters, with settelements immediately following the ceremony.

The groundbreaking marks the beginning of construction of an addition to the existing headquarters building. The National Science Foundation-funded project almost doubles the space available for classrooms and laboratories at the field station.

Online course wins award for originality

A new online course, “Teaching About East Asia,” recently won the 2006 Great Plains Comfort Award from the University Continuing Education Association at its conference Oct. 20 in Kansas City. The course is presented for free credit courses that show substantial originality and demonstrate a commitment to diversity.

The course was created by Bill

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Check out KU news daily: www.news.ku.edu

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